

## **Routine vaccination communications pack for early years and childcare settings**

### **Overview**

With children joining, or returning to your setting, now is a good time to remind parents and carers to check their children are up to date with their routine vaccinations and if not to come forward to book their appointments.

This communications pack supports this with new and existing communication material. Some of the materials are general and some are disease specific. Settings can use and tailor this as they feel appropriate.

### **Objectives / aims**

- Increase uptake of routine pre-school vaccinations.
- Remind parents/carers that it isn't too late to catch up and explain the importance of vaccination for providing protection against diseases, particularly as children reach school age.

### **Audience**

Parents / carers of children that are not up to date with their pre-school vaccination schedule.

## Contents

1. Information sheet/Q&As
2. Translated MMR first dose call to action sheet
3. Translated MMR second dose call to action sheet
4. Digital resources (web copy, social media messages, social media assets)

**Information sheet/Q&As – to be printed or used with any written communication that goes out**

**Which vaccines will be offered before my child starts school?**

Your child will be offered the following routine vaccinations before starting school through general practice. You can check if they are up to date by looking at the child's Personal Health Record (Red Book) and if they have missed a vaccination, you can contact their GP practice to book an appointment.

Age due	Diseases protected against	Vaccine given	Where is the vaccine usually given?
8 weeks old	<b>6 in 1 vaccine (first dose)</b> Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B	Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B	Thigh
	Meningococcal group B (MenB) first dose	Men B	Left thigh
	Rotavirus gastroenteritis first dose	Rotavirus	By mouth
12 weeks old	6 in 1 vaccine (second dose) Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB	Thigh
	Pneumococcal (13 serotypes)	Pneumococcal conjugate vaccine (PCV)	Thigh
	Rotavirus second dose	Rotavirus	By mouth
16 weeks old	6 in 1 vaccine (third dose) Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB	Thigh
	Men B second dose	Men B	Left thigh
One year old (on or after the	Hib/Men C	Hib/Men C	Upper arm/thigh

child's first birthday)			
	Pneumococcal	PCV booster	Upper arm/thigh
	Measles, mumps and rubella (MMR)	MMR vaccine	Upper arm/thigh
	Men B third dose	Men B booster	Left thigh
Three years four months old or soon after	4 in 1 pre-school booster Diphtheria, tetanus, pertussis and polio	dTaP/IPV	Upper arm
	Measles, mumps and rubella (MMR) second dose	MMR vaccine	Upper arm

*For further information on what routine vaccinations your child will be offered:*

- Guide to pre-school vaccination:  
<https://www.gov.uk/government/publications/pre-school-vaccinations-a-guide-to-vaccinations-from-2-to-5-years>
- Go to the NHS website [www.nhs.uk](http://www.nhs.uk) and search 'routine vaccinations'

### **Are there any circumstances where my child shouldn't receive a vaccination?**

Almost all children can be safely vaccinated with all vaccines. If you are unsure whether your child can receive these vaccines you should talk to a health professional at your child's GP practice. If your child is unwell with a temperature on the day of the vaccine you will need to rebook once your child is feeling better.

### **What is the consent process for vaccination?**

Parents, carers or those with parental responsibilities for young children should attend vaccination appointments with their child to give consent for them to receive vaccination. For looked after children, please refer to the care plan where permissions and restrictions of consent will be outlined.

### **Measles, Mumps and Rubella (MMR) vaccine**

#### **What is the MMR vaccine?**

The MMR vaccine protects against measles, mumps and rubella which can be serious. MMR vaccination is offered to children at around 1 year of age, with a second dose at 3 years and 4 months. Both doses are required to offer full and lasting protection for your child against these vaccine preventable diseases. Your GP practice will invite you to arrange an appointment when your child is eligible for the vaccine. If your child is older and has missed the vaccine contact your GP practice to discuss and arrange an appointment to ensure they are fully protected.

## **Are there any side effects with the MMR vaccine?**

The MMR vaccine is very safe. MMR vaccine is a live attenuated vaccine which means that it contains weakened versions of measles, mumps and rubella viruses. These have been weakened enough to produce immunity without causing disease.

Most side effects are mild and do not last long, such as:

- the area where the needle goes in looking red, swollen and feeling sore for 2 to 3 days
- around 7 to 11 days after the injection, babies or young children may feel a bit unwell or develop a high temperature for about 2 or 3 days

Some children might also cry and be upset immediately after the injection. This is normal and they should feel better after a cuddle.

It's important to remember that the possible complications of infectious conditions, such as measles, mumps and rubella, are much more serious.

## **Are there any side effects from the second (pre-school) dose of the MMR vaccine?**

It is much less common to have side effects after the second dose than after the first dose. The three different viruses in the vaccine act at different times and when side effects do happen, they are usually very mild.

## **Are there any circumstances that my child shouldn't have their MMR or pre-school booster?**

Almost all children can be safely vaccinated with all vaccines.

In general, a vaccine should not be given to children who have had a confirmed anaphylactic reaction to a previous dose of the same vaccine.

While the MMR vaccine is safe for children with a severe egg allergy, you should let your doctor or nurse know if you or your child has had severe allergic reactions to:

- gelatine
- an antibiotic called neomycin
- Egg allergies

## **What if my child is ill on the day of the appointment?**

If your child is unwell with a temperature on the day of the vaccine you will need to rebook an appointment once your child is feeling better.

## **4-in-1 pre-school booster**

### **What is the 4-in-1 pre-school booster?**

The 4-in-1 booster includes diphtheria, tetanus, pertussis (whooping cough) and polio. Children require the 4-in-1 booster from 3 years 4 months. Your GP practice will invite you to make an appointment for your child when they become eligible for the vaccine.

### **Are there any side effects with the 4-in-1 booster?**

Any side effects that occur are usually mild. Your child may get a little redness, swelling or tenderness where the injection was given that will disappear on its own and does not last long.

Side effects usually happen within 48 hours of the injection. A hard lump may appear in the same place but this will also go, usually over a few weeks. Occasionally, children may be unwell and irritable and develop a temperature, headache, sickness and swollen glands.

## MMR first dose translated call to action

English	Protect your child against Mumps, Measles and Rubella (MMR) and prevent potentially serious illness by contacting their GP practice to book their first MMR vaccine appointment. More information on the MMR vaccine: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Arabic عربي	احمي طفلك من النكاف، الحصبة، والحصبة الألمانية (الحميراء) وامنع احتمالية إصابتهم بأمراض خطيرة عن طريق التواصل مع طبيبيهم العام من أجل حجز موعد للقاء ضد هذه الأمراض. للمزيد من المعلومات عن لقاح النكاف الحصبة والحصبة الألمانية (الحميراء). <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Bengali বাংলা	আপনার শিশুকে মাম্পস, মীজলস ও রুবেলা (এমএমআর) থেকে রক্ষা করুন এবং জিপি প্রাক্টিসের সঙ্গে যোগাযোগ করে তাদের এমএমআর ভ্যাকসিন অ্যাপয়েন্টমেন্ট বুক করে তাদেরকে সম্ভাব্য অসুস্থতা সুরক্ষিত রাখুন। এমএমআর ভ্যাকসিন সম্পর্কিত আরো তথ্যাদি: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Bulgarian български	Защитете детето си от паротит, морбили и рубеола и предотвратете потенциално сериозно заболяване, като се свържете с клиниката на общопрактикуващия лекар на детето и запазете час за прилагането на първата ваксина срещу MMR. Повече информация за ваксината срещу MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Spanish Español	Para proteger a su hijo/a contra las paperas, el sarampión y la rubéola y prevenir enfermedades potencialmente graves, póngase en contacto con su médico de cabecera y reserve su cita para la primera dosis de la vacuna triple vírica (MMR, por sus siglas en inglés). Encontrará más información sobre la vacuna triple vírica en: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Estonian Eestlane	Kaitske oma last mumps, leetrite ja punetiste (MMR) eest ning ennetage potentsiaalselt tõsiseid haigusi, pöördudes oma perearsti poole, et broneerida esimene MMR-vaktsiini määramine. Lisateave MMR-vaktsiini kohta: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Farsi فارسی	فرزند خود، فرزندتان را در مقابل MMR از طریق تماس با درمانگاه و هماهنگ کردن قرار ملاقات برای اولین واکسن محافظت کنید و از بیماری بالقوه حاد پیشگیری نمایید. اطلاعات بیشتر درباره (MMR) اوربون، سرخک و سرخجه واکسن MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Greek Ελληνικά	Προστατέψτε το παιδί σας κατά της παρωτίτιδας, της ιλαράς και της ερυθράς (MMR) και αποτρέψτε πιθανώς σοβαρή ασθένεια επικοινωνώντας με το τοπικό σας ιατρείο για να κλείσετε ραντεβού για το πρώτο εμβόλιο MMR του παιδιού σας. Περισσότερες πληροφορίες για το εμβόλιο MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>

Gujarati ગુજરાતી	તમારા બાળકના જી.પી.નો સંપર્ક કરીને અને તેમની પહેલી MMR રસી માટેની અપોઈન્ટમેન્ટ ગોઠવીને, તેમનું મમ્પ્સ (ગાલપચોળિયાં), મીઝલ્સ (ઓરી) અને રૂબેલા (MMR) સામે રક્ષણ કરો અને ગંભીર બીમારી અટકાવો. MMR રસી વિશે વધારે માહિતી: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Hindi हिन्दी	अपने बच्चे को मम्प्स, मीसल्स और रूबेला (एमएमआर)से बचाएं और उनकी पहली एमएमआर वैक्सीन अपॉइंटमेंट बुक करने के लिए उनके जीपी प्रैक्टिस से संपर्क करके संभावित गंभीर बीमारी को रोकें। एमएमआर वैक्सीन के बारे में अधिक जानकारी: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Latvian Latvietis	Aizsargājiet savu bērnu pret epidēmisko parotītu, masalām un masaliņām (Mumps, Measles, Rubella – MMR) un novērsiet potenciāli smagu slimību, sazinoties ar ģimenes ārsta praksi un piesakoties pirmajai MMR vakcīnai. Vairāk informācijas par MMR vakcīnu: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Lithuanian Lietuvių	Apsaugokite savo vaiką nuo kiaulytės, tymų ir raudonukės (angl. MMR) ir užkirskite kelią potencialiai rimtoms ligoms susisiekę su savo šeimos gydytojo poliklinika užsisakyti pirmąją MMR vakciną jam (jai). Daugiau informacijos apie MMR vakciną rasite čia: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Punjabi ਪੰਜਾਬੀ	ਆਪਣੇ ਬੱਚੇ ਦੀ ਕੰਨ ਪੇੜੇ, ਖਸਰਾ ਅਤੇ ਰੁਬੇਲਾ (Mumps, Measles and Rubella, MMR) ਟੀਕੇ ਦੀ ਪਹਿਲੀ ਅਪਾਇੰਟਮੈਂਟ ਬੁੱਕ ਕਰਵਾਉਣ ਲਈ ਆਪਣੀ ਜੀਪੀ ਪ੍ਰੈਕਟਿਸ ਨਾਲ ਸੰਪਰਕ ਕਰਕੇ ਉਸਦੀ MMR ਤੋਂ ਰੱਖਿਆ ਕਰੋ ਅਤੇ ਸੰਭਾਵੀ ਗੰਭੀਰ ਬਿਮਾਰੀ ਨੂੰ ਰੋਕੋ। MMR ਟੀਕੇ ਬਾਰੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Polish Polski	Ochronń swoje dziecko przed odrą, świnką i różyczką (MMR) i zapobiegnij potencjalnie poważnej chorobie, kontaktując się z lekarzem pierwszego kontaktu w celu zarezerwowania terminu pierwszej szczepionki MMR. Więcej informacji na temat szczepionki MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Portuguese Brazil Brasil Portugues	Proteja seu filho contra caxumba, sarampo e rubéola (tríplice/MMR) e previna doenças potencialmente graves entrando em contato com seu GP para marcar a sua primeira consulta da vacina tríplice/MMR. Para mais informações sobre a vacina tríplice/MMR visite: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Portuguese Portugal	Proteja o seu filho contra o sarampo, parotidite epidémica e rubéola (VASPR/MMR) e previna doenças potencialmente graves entrando em contato com seu GP para marcar a sua primeira consulta da vacina VASPR/MMR. Para mais informações sobre a vacina VASPR/MMR visite: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>



Romanian Română	Protejați-vă copilul împotriva orieonului, a pojarului și a rubeolei (MMR) și preveniți o boală potențial gravă prin contactarea clinicii medicului de familie pentru a rezerva prima programare pentru vaccinarea MMR. Mai multe informații despre vaccinul MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Russian русский	Защитите Вашего ребёнка от свинки, кори и краснухи (MMR) и предотвратите потенциально серьёзную болезнь связавшись с их доктором с тем чтобы записаться на их первый визит вакцины MMR. Вы можете получить больше информации о вакцине MMR через эту ссылку: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Somali Soomaali	Ka ilaali ilmahaaga Mumps, Measles iyo Rubella (MMR) kana hortag jiro halis noqon karta adigoo la xiriiraya xarunta GP-gaaga si aad u qabsato ballantooda koowad tallaalka MMR. Wixii macluumaad dheeraad ah oo ku saabsan talaalka MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Albanian Shqiptare	Mbroni fëmijën tuaj kundër shytave, fruthit dhe rubeolës (MMR) dhe parandaloni sëmundje potencialisht serioze duke kontaktuar klinikën e mjekut të përgjithshëm për të caktuar takimin e parë të vaksinës MMR. Më shumë informacion mbi vaksinën MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Tagalog Tagalog	Protektahan ang iyong anak laban sa Beke, Tigdas, at Rubella (Mumps, Measles, Rubella o MMR) at pigilan ang posibleng malalang sakit sa pamamagitan ng pakikipag-ugnayan sa kanilang Doktor para magpa-appointment para sa kanilang unang bakuna laban sa MMR. Para sa higit pang impormasyon tungkol sa bakuna laban sa MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Turkish Türk	Çocuğunuzu Kabakulak, Kızamık ve Kızamıkçık'a (MMR) karşı koruyun ve ilk MMR aşısı randevusunu almak için aile hekimleriyle (GP) iletişime geçerek ciddi olma potansiyeli olan hastalıkları önleyin. MMR aşısı hakkında daha fazla bilgi: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Twi	Hwj sj w'abc w'abcfra no ho ban afiri Gyemmirekutu, Ntjnkjym ne Ntjnkjym kckcc (MMR) berj wo ne wcn GP dwumayjni no reyj nhyehjej ahyia akcgye wcn MMR aduro a jtwa toc. Nsjm pii fa MMR aduro no ho: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Ukrainian Українська	Захистіть вашу дитину від епідемічного паротиту, кору та краснухи та уникніть потенційно серйозних захворювань, звернувшись до сімейного лікаря, щоб записатися на перше призначення вакцини MMR. Детальніше про вакцину MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Urdu اُردُو	ویکسین کے لئے ان (MMR) سے بچائیں اور پہلی (MMR) اپنے بچوں کو کن پیڑے، خسره اور روبیلا وائرس ویکسین کے MMR کے ڈاکٹر کے ساتھ اپوائنٹمنٹ طے کر کے انہیں سنگین نوعیت کی ممکنہ بیماری سے بچائیں۔ <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a> بارے میں مزید معلومات کے لیے:

<p>Yiddish יידיש</p>	<p>( און פארמיידט מעגליך ערנסטע קראנקייט: MMR באשיצט אייער קינד אנטקעגן מאמפס, מאזלען און רובעלא ) ( וואקצין אפוינטמענט. MMR ) צו מאכן זייער ערשטע GP practice פארבינדט זיך מיט זייער רפואה-קליניק ) די וואקצין: MMR מער אינפארמאציע וועגן די <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a></p>
<p>Chinese 中文</p>	<p>为保护您的孩子免受流行性腮腺炎、麻疹和风疹（MMR）感染并防止潜在的严重疾病， 请联系孩子的全科医生诊所预约接种第一剂 MMR 疫苗。关于 MMR 疫苗的更多信息： <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a></p>

## MMR second dose translated call to action

English	Ensure your child is fully protected against Mumps, Measles and Rubella (MMR) by booking an appointment with their GP practice for their final MMR vaccine dose. More information on the MMR vaccine: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Arabic عربي	ضمان توفير الحماية الكاملة لطفلك ضد النكاف والحصبة والحصبة الألمانية عن طريق حجز موعد مع الطبيب العام من أجل حجز أول موعد للقاح الحصبة والنكاف والحصبة الألمانية. مزيد من المعلومات عن اللقاح: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Bengali বাংলা	আপনার শিশুর শেষ এমএমআর ভ্যাকসিন ডোজের জন্য তাদের জিপি প্রাক্টিসের সঙ্গে একটি অ্যাপয়েন্টমেন্ট বুক করার মাধ্যমে মাস্পস, মীজলস ও রুবেলা (এমএমআর) থেকে তাদের সুরক্ষা নিশ্চিত করুন। এমএমআর ভ্যাকসিন সম্পর্কিত আরো তথ্যাদি: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Bulgarian български	Уверете се, че Вашето дете е напълно защитено от паротит, морбили и рубеола, като запазите час за последната доза от ваксината срещу MMR в клиниката на общопрактикуващия лекар на детето. Повече информация за ваксината срещу MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Spanish Español	Para asegurarse de que su hijo/a esté completamente protegido/a contra las paperas, el sarampión y la rubéola, reserve una cita con su médico de cabecera para recibir la dosis final de la vacuna triple vírica (MMR, por sus siglas en inglés). Encontrará más información sobre la vacuna triple vírica en: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Estonian Eestlane	Veenduge, et teie laps on täielikult kaitstud mumps, leetrite ja punetiste (MMR) eest, broneerides oma perearsti vastuvõtule aeg viimase MMR-vaktsiini annuse jaoks. Lisateave MMR-vaktsiini kohta: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Farsi فارسی	اطمینان حاصل کنید که فرزند MMR با هماهنگی کردن قرار با درمانگاه خود برای دریافت آخرین دوز واکسن ( محافظت می شود. اطلاعات بیشتر درباره MMR شما به طور کامل در مقابل اورپون، سرخک و سرخجه ) MMR واکسن: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Greek Ελληνικά	Διασφαλίστε ότι το παιδί σας είναι πλήρως προστατευμένο κατά της παρωτίτιδας, της ιλαράς και της ερυθράς (MMR) κλείνοντας ραντεβού στο τοπικό σας ιατρείο για την τελευταία δόση του εμβολίου MMR του παιδιού σας. Περισσότερες πληροφορίες για το εμβόλιο MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>

Gujarati ગુજરાતી	તમારા બાળકની આખરી MMR રસીના ડોઝ માટે તેમના જી.પી. સાથે અપોઇન્ટમેન્ટ ગોઠવીને તેમને મમ્પ્સ (ગાલપચોળિયાં), મીઝલ્સ (ઓરી) અને રૂબેલા (MMR) સામે સંપૂર્ણ રક્ષણ આપવાની ખાતરી કરો. MMR રસી વિશે વધારે માહિતી: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Hindi हिन्दी	अपने बच्चे की अंतिम एमएमआर वैक्सीन खुराक के लिए उनके जीपी प्रैक्टिस के साथ एक नियुक्ति बुकिंग द्वारा मम्प्स, मीसल्स और रूबेला (एमएमआर) से उनकी सुरक्षा सुनिश्चित करें एमएमआरवैक्सीन के बारे में अधिक जानकारी: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Latvian Latvietis	Nodrošiniet savam bērnam pilnīgu aizsardzību pret epidēmisko parotītu, masalām un masaliņām (Mumps, Measles, Rubella – MMR), sazinoties ar ģimenes ārsta praksi un piesakoties MMR vakcīnas pēdējai devai. Vairāk informācijas par MMR vakcīnu: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Lithuanian Lietuvių	Užtikrinkite, kad jūsų vaikas būtų pilnai apsaugotas nuo kiaulytės, tymų ir raudonukės (angl. MMR) užsisakę vizitą poliklinikoje dėl pirmos MMR vakcinos dozės. Daugiau informacijos apie MMR vakciną rasite čia: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Punjabi ਪੰਜਾਬੀ	ਆਪਣੇ ਬੱਚੇ ਦੇ ਕੰਨ ਪੇੜੇ, ਖਸਰਾ ਅਤੇ ਰੁਬੇਲਾ (Mumps, Measles and Rubella, MMR) ਟੀਕੇ ਦੀ ਆਖਰੀ ਖੁਰਾਕ ਲਈ ਉਸਦੇ ਜੀਪੀ ਪ੍ਰੈਕਟਿਸ ਨਾਲ ਅਪਾਇੰਟਮੈਂਟ ਬੁੱਕ ਕਰਵਾ ਕੇ ਇਹ ਪੱਕਾ ਕਰੋ ਕਿ ਉਹ MMR ਤੋਂ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸੁਰੱਖਿਅਤ ਹੈ। MMR ਟੀਕੇ ਬਾਰੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Polish Polski	Upewnij się, że Twoje dziecko jest w pełni chronione przed odrą, świnką i różyczką (MMR) i umów się na wizytę u lekarza rodzinnego w celu otrzymania ostatniej dawki szczepionki MMR. Więcej informacji na temat szczepionki MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Portuguese Brazil Brasil Portugues	Garanta que seu filho esteja totalmente protegido contra caxumba, sarampo e rubéola (tríplice/MMR). Marque uma consulta com seu GP para a dose final da vacina tríplice/MMR. Para mais informações sobre a vacina tríplice/MMR visite: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>

Portuguese Portugal Portugues	Certifique-se de que seu filho esteja totalmente protegido contra o sarampo, parotidite epidémica e rubéola (VASPR/MMR), marcando uma consulta com seu GP para a dose final da vacina VASPR/MMR. Para mais informações sobre a vacina VASPR/MMR visite: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Romanian Română	Asigurați-vă că copilul dumneavoastră este protejat de oreion, pojar și rubeolă (MMR) prin rezervarea unei programări la medicul de familie al acestuia pentru doza finală de vaccin MMR. Mai multe informații despre vaccinul MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Russian русский	Удостоверьтесь, что Ваш ребёнок полностью защищён против свинки, кори и краснухи, договорившись о визите их врача с целью получения их первой дозы вакцины MMR. Вы можете получить больше информации о вакцине MMR через эту ссылку: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Somali Soomaali	Hubi in ilmahaaga uu si buuxda uga ilaashan yahay Mumps, Measles iyo Rubella (MMR) adigoo la xiriiiraya xarunta GP-gaaga si aad u qabsato ballantooda koowad tallaalka MMR. Wixii macluumaad dheeraad ah oo ku saabsan talaalka MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Albanian Shqiptare	Sigurohuni që fëmija juaj të mbrohet plotësisht kundër shytave, fruthit dhe rubeolës (MMR) duke caktuar një takim me mjekun e tyre të përgjithshëm për dozën e tyre të fundit të vaksinës MMR. Më shumë informacion mbi vaksinën MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Tagalog Tagalog	Tiyaking ganap na protektado ang iyong anak laban sa Beke, Tigdas, at Rubella (Mumps, Measles, Rubella o MMR) sa pamamagitan ng pag-book ng appointment sa kanilang Doktor para sa kanilang panghuling dosis ng bakuna para sa MMR Para sa higit pang impormasyon tungkol sa bakuna laban sa MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Turkish Türk	Son MMR aşısı dozu için aile hekimi sağlık ocağından (GP) randevu alarak çocuğunuzun Kabakulak, Kızamık ve Kızamıkçık'a (MMR) karşı tam olarak korunmasını sağlayın. MMR aşısı hakkında daha fazla bilgi: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Twi	Hwj sj w'abc w'abcfra no ho ban afiri Gyemmirekutu, Ntjinkyjm ne Ntjinkyjm kckcc (MMR) berj wo ne wcn GP dwumayjni no reyj nyehjej ahyia akcgye wcn MMR aduro a jtwa toc. Nsjm pii fa MMR aduro no ho: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>
Ukrainian Українська	Переконайтеся, що ваша дитина повністю захищена від епідемічного паротиту, кору та краснухи, записавшись на прийом до сімейного лікаря щодо остаточної дози вакцини MMR. Детальніше про вакцину MMR: <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a>

<p>Urdu اُردو</p>	<p>ویکسین کی آخری خوراک لگوا کر اس بات MMR اپنے بچوں کے معالج سے حتمی اپوائنٹمنٹ طے کر کے MMR سے مکمل طور پر محفوظ ہے۔ (MMR) کو یقینی بنائیں کہ آپ کا بچہ کن پیڑھے، خسرہ اور روبیلا سے محفوظ ہے۔ <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a> ویکسین سے متعلق مزید معلومات کے لیے:</p>
<p>Yiddish יידיש</p>	<p>מאכט זיכער אז אייער קינד זאל פולשטענדיג באשיצט ווערן אנטקעגן מאמפס, מאזלען און רובעלא (MMR) פאר זייער ענדגילטיגע (GP practice): מאכט אן אפוינטמענט מיט זייער רפואה-קליניק (MMR) וואקצין: MMR וואקצין דאזע. מער אינפארמאציע וועגן די <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a></p>
<p>Chinese 中文</p>	<p>为确保您的孩子免受流行性腮腺炎、麻疹和风疹 (MMR) 感染, 请与全科医生诊所预约接种最后一剂 MMR 疫苗。关于 MMR 疫苗的更多信息 : <a href="https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/">https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/</a></p>

Digital resources and paper publications including leaflets, stickers, posters and postcards	
<p>Template website copy</p>	<p><b>Is your child up to date with their vaccinations?</b></p> <p>Children are offered a range of vaccinations before they start school to protect them from common but preventable infectious diseases, such as measles and polio.</p> <p>Make sure your child is up to date with their vaccinations by checking the record of these in their red book. If you are unsure or know that your child needs to catch up on any missed vaccinations, call us on &lt;insert phone number&gt;.</p>
<p>Template social media posts</p> <p>Creating posts referring to your locality and region can make it feel more relevant to your patients. Opposite are some example social media posts for your own practice channels.</p> <p>To encourage the take up of immunisations please also follow and share immunisation posts from the following NHS England accounts;</p> <p><b>NHS England</b>  Facebook - @NHSEngland  Twitter - @NHSEngland  Instagram - @NHSEngland</p> <p>You may also want to share information from the UK Health Security Agency, handles below;  Facebook - @UKHealthSecurityAgency  Twitter - @UKHSA</p>	<p><b>Twitter</b></p> <p>Is your child aged 1-5 years old? Are they up to date with their childhood vaccinations? Check your child's red book to make sure. If your child has missed a dose, please call the GP surgery on &lt;insert number&gt; to book an appointment.</p> <p>Did you know around 1 in 10 children in England are not up to date with their vaccinations? Vaccines are the best defence to protect your child from serious childhood diseases. Check your child's red book to make sure they are up to date.</p> <p><b>Facebook and Instagram</b></p> <p>Is your child aged 1-5 years old? Are they up to date with their childhood vaccinations? Check your child's red book to make sure. Vaccinations are the best way to protect your child from serious childhood diseases such as measles, mumps, rubella and polio. Call us on &lt;insert number&gt; to book an appointment.</p>

Did you know up to 1 in 10 children in England are not fully vaccinated against childhood diseases such as mumps, measles, rubella and polio? Make sure your child is fully protected by checking their red book to see if they are up to date with their vaccinations.

Childhood vaccinations are the safest and most effective way to protect your child from serious childhood diseases, such as mumps, measles, rubella and polio. Check your child's red book to make sure your child is up to date. If they have missed any, please call the GP surgery on <insert phone number> to book an appointment.

Social media image assets for MMR  
<https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6126>





Social media animations for MMR

<https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6138>



**Don't let Measles,  
Mumps and Rubella  
into your child's world**



Posters for download / order

<https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6125>



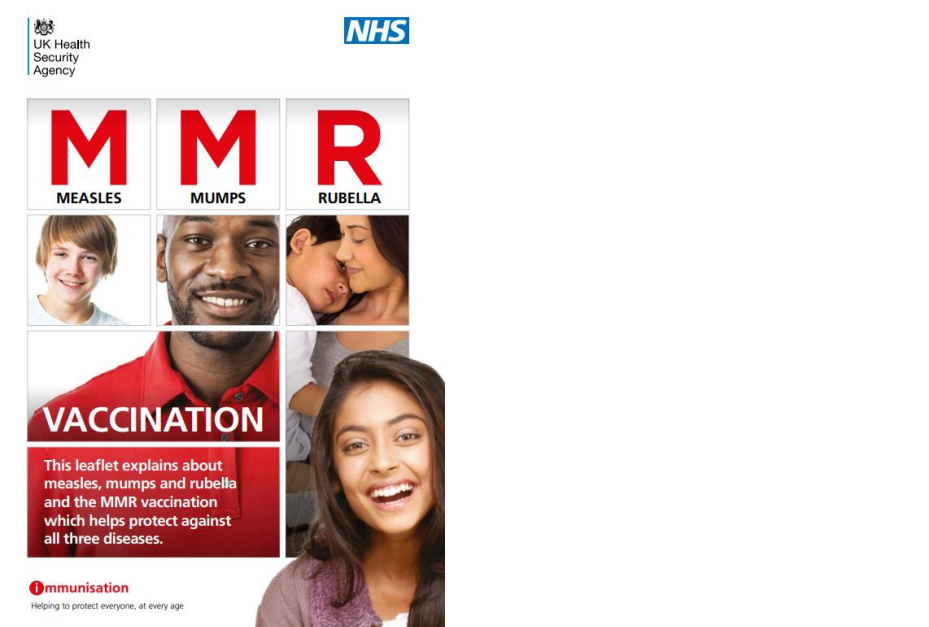


**Don't let Measles, Mumps and  
Rubella into your child's world**

The risk of catching Measles, Mumps and Rubella increases when your child goes to nursery. When you don't get your child their MMR vaccines, they're left exposed to becoming seriously ill.

Protect your child with both MMR vaccines. Contact your GP to book their first or second dose. Find out more at [nhs.uk/MMR](https://nhs.uk/MMR)



<p>Website banner</p> <p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6140">https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6140</a></p>	
<p>Email signature</p> <p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6127">https://campaignresources.phe.gov.uk/resources/campaigns/135-childhood-vaccination-2022/resources/6127</a></p> <p>Where possible hyper link to nhs.uk/mmr</p>	
<p>MMR poster</p> <p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1085983/UKHSA-12330-MMR-for-all-leaflet_June2022.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1085983/UKHSA-12330-MMR-for-all-leaflet_June2022.pdf</a></p>	

Social media cards for MMR, pre-school booster and all routine immunisations– set of 10 assorted designs and formats Product code: 2020058

<https://www.healthpublications.gov.uk/ViewArticle.html?sp=Scovid19promotingimmunisationsocialmediacards>

The Health Publications website has all the national routine and selective immunisation programme leaflets, posters, stickers, social media assets and many useful resources for GP practices to promote and deliver all of the programmes. The service is free and you should register your practice and order stocks of all of the resources for every vaccine that you offer.

<https://www.healthpublications.gov.uk/Home.html>

or call 0300 123 1002 to place your order.

You can search by vaccine programme, product code, disease, language, format such as braille or for translations such as Polish etc.



## Measles Q&A flyer

Available in different languages

<https://www.gov.uk/government/publications/measles-dont-let-your-child-catch-it-flyer-for-schools>



- Measles is in the news again. There have been serious outbreaks in Wales and England and the number of children catching measles is rising.
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.
- Your child is at risk of measles if he or she hasn't had the MMR vaccination.
- Two doses of MMR vaccine are needed to get the best protection.
- If your child is due to have had two doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible.\*
- If you can't remember if your child has had any, one or two doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP.
- If you don't know how many doses your child has had, it's better to have two doses of MMR vaccine now rather than risk leaving them unprotected.

\*In response to a local outbreak then the two doses can be given one month apart from the age of 18 months.

**Immunisation**  
the safest way to protect your child

Some common questions about measles and the MMR vaccine are listed on the back of this leaflet

## Immunisation stickers for age 5 years to adult - butterfly design

Product code: [IMMBTFL1](#)

## Immunisation stickers for under 5 years age group - bear design

Product code: [IMMBEAR1](#)



Back to school postcards and posters – nursery, primary and secondary school versions

Primary school postcard - order code: STARTPR2  
 Secondary school postcard - order code: STARTSE2  
 Nursery postcard - order code: STARTNU1

Primary school poster - order code: STARTPR1  
 Secondary school poster - order code: STARTSE1  
 Nursery poster - order code: STARTNU2

Order copies now

<https://www.healthpublications.gov.uk/ViewArticle.html?sp=Sbacktoprimaryschoolpostcard>



**MMR for all family leaflet – paper copies available**

Printed copies of this leaflet in English are available free to order.

Translated versions of this leaflet are available free to download in the following languages.

[Bengali](#), [Polish](#), [Romanian](#), [Somali](#), [Ukrainian](#) and

[Yoruba](#)

The translated versions are currently available for download only.

